



Adult Health & Fitness

*These classes are for ages 18-118, unless noted otherwise.
For classes designed for ages 50+ see Senior Health & Fitness,
pages 65-68.*

Land Fitness

Better Bones & Balance

Defeat the loss of bone density while you improve balance and increase your strength and energy. This class is a more advanced version of Strong Bones Strong Body.

Campbell Community Center

Instructor: Cindy O'Brien

Sep 12-Dec 12 M 11:45a-12:45p \$49 #121314

Fitness Centers

Work out on your own schedule at the Echo Hollow and Sheldon Fitness Centers. Get fit using cardiovascular equipment including treadmills and elliptical trainers as well as weight equipment designed to work specific muscle groups.

Use of the Fitness Centers requires an orientation for first-time users and a signed consent form on file.

For more information see page 45.

Less Intense Interval Training

Less can be more. Geared for those who want to safely increase the intensity of their workout, this class combines techniques from many popular fitness forms such as Tabata, Insanity and more.

Amazon Community Center

Instructor: Michael Skaja

Oct 3-Nov 7 M 7-8p \$30 #121393

Nov 14-Dec 19 M 7-8p \$30 #121983

Neuromuscular Exercise Ages 22+

This class is structured to assist those with movement challenges and those with a wide range of conditions including balance issues, neurological problems, nerve disorders and Parkinson's. Improve gait, balance and motion to enhance activities of daily living.

Hilyard Community Center

Sep 13-Oct 27 TuTh 1:30-2:30p \$72 #121692

Nov 1-Dec 22 TuTh 1:30-2:30p \$90 #121693

No class Sep 20, 22, Nov 24

Pilates for Health

Beginning and continuing level mat classes introducing the fundamentals and basic floor exercises of Pilates. Learn proper body alignment and breathing in addition to improving core strength, flexibility and coordination.

Amazon Community Center

Instructor: Judith Schlacter

Beginning

Sep 20-Dec 13 Tu 6:45-7:45p \$81 #121374

Intermediate

Sep 20-Dec 13 Tu 5:30-6:30p \$81 #121373

Strength Training for People with MS

Ages 22+

Learn exercise techniques performed from a chair or standing to improve function and prevent contractures, muscle imbalance and atrophy. Work at your own ability and pace, resting as needed. Adaptations accommodate differing abilities. Individuals must be able to exercise independently or have a caregiver assist during class.

Hilyard Community Center

Sep 6-Oct 25 Tu 10:30-11:30a \$47 #121704

Nov 1-Dec 20 Tu 10:30-11:30a \$47 #121705

Stretching for Strong Bones

Get in a quick stretching session to ease into the evening and help you sleep better. This class will help reduce back and leg pain while improving your flexibility. Class includes options for sitting, standing and floor work.

Campbell Community Center

Instructor: Cindy O'Brien

Sep 6-Dec 13 Tu 5:30-6p \$27 #121315

Sep 8-Dec 15 Th 4:15-4:45p \$21 #121316

No class Sep 15, Oct 13, Nov 24

Strong Bones Strong Body

Defeat the loss of bone density! Research shows you can strengthen bones, improve balance and increase your strength and energy. Every exercise is adjusted to your ability. An excellent class for those with osteoporosis or osteopenia.

Campbell Community Center

Instructor: Cindy O'Brien

Sep 12-Dec 12 M 10:30-11:30a \$49 #121311

Sep 6-Dec 13 Tu 4:30-5:30p \$53 #121312

Sep 8-Dec 15 Th 3:15-4:15p \$42 #121313

No class Sep 15, Oct 13, Nov 24

Total Body Workout

Get fit and have fun! The Total Body Workout is designed for adults of any age who wish to stretch, tone and strengthen muscles with some cardiovascular components. This is a low-impact, moderate intensity class.

Petersen Barn Community Center

Ongoing TuTh 6:30-7:30a \$24/month

No class Nov 24

Sheldon Community Center

Ongoing MWF 8-9a \$32/month

Zumba Cardio

Ditch the workout and join the party! Zumba is a Latin-inspired cardio dance class that includes elements of salsa, merengue, samba, reggaeton, cumbia and much more. All you need for this dance party is enthusiasm. Stress can't hang onto a body that's grooving!

Instructor: Tara Barnes

Amazon Community Center

Sep 21-Dec 14 W 5:30-6:30p \$52 #121403

Sheldon Community Center

Sep 12-26 M 5:30-6:30p \$12 #121414

Oct 3-24 M 5:30-6:30p \$16 #121415

Nov 7-28 M 5:30-6:30p \$16 #121416

Dec 5-26 M 5:30-6:30p \$16 #121417

No class Sep 5

Rent A Pool

- Birthdays
- Sports teams
- Company parties
- Reunions, etc.



Echo Hollow & Sheldon Pools: \$100/hour
Amazon Pool: \$335/hour

Reservations must be made at least 2 weeks before the rental date

Please call for information/reservation:
Amazon Pool, 541-682-5350
Echo Hollow Pool, 541-682-5525
Sheldon Pool, 541-682-5314

Water Fitness

*These classes are open to ages 16+.
No classes during pool closures, see page 45.*

Aquatic Body Conditioning

This buoyancy-supported, deep water exercise will help you increase muscle strength and tone by using water resistance and equipment.

Echo Hollow Pool & Fitness Center
Ongoing TuTh 8:45-9:45a

Aquatone

Using resistance equipment, tone individual muscle groups, strengthen core muscles and improve balance in shallow water. This moderate level class is excellent for those new to water fitness or recovering strength and flexibility. It's also good cross-training alongside faster paced classes.

Sheldon Pool & Fitness Center
Ongoing TuTh 8:30-9:30a

Arthritis H₂O Exercise

This class can help people with arthritis to exercise, reduce pain, and improve flexibility and strength. This fun class is taught in shallow water, and is excellent for those with general muscle or joint stiffness and/or chronic pain.

Echo Hollow Pool & Fitness Center
Ongoing TuTh 10-11a

Cardio Challenge

Exercise to your desired intensity in deep water that provides both toning and cardiovascular work. Instructors will lead you through resistance exercises and abdominal work and help you have fun while staying fit.

Sheldon Pool & Fitness Center
Ongoing M-F 8-9a

Fees for Fitness Classes at the Pools

(unless noted otherwise)

Single Class: \$5
10 Visit Fitness Pass: \$40
30 Day Fitness Pass (unlimited classes): \$42

Try a fitness class for free! Your first class at any City Aquatics facility may be attended free of charge.

Register online! Looking to sign up for a fitness pass? Go to www.eugene-or.gov/recenroll and choose the "Passes" tab. Follow the easy steps to register online. As always, you can register in person at any facility.

Deep Water Fitness

Floatation equipment helps to stabilize you as you develop core muscle strength and work all the major muscle groups. Work at a moderate-to-fast pace to control the overall intensity for your exercise needs.

Echo Hollow Pool & Fitness Center
Ongoing MWF 6-7a
MWF 7:30-8:30a
M-Th 5:45-6:45p (M & W only, Nov 24-Dec 15)

Sheldon Pool & Fitness Center
Ongoing M-F 12-1p
M-Th 5:30-6:30p
Sa 9:30-10:30a

Early Bird Fitness

Get up and get your day started in this non-impact, deep-water cardio class that uses floatation equipment to provide you with a full body workout while stabilizing your posture.

Sheldon Pool & Fitness Center
Ongoing MWF 6-7a
M-F 7-8a

Inch by Inch in the Water

A water fitness and fat burning program for people working toward weight loss and toning. Work with floatation equipment for core stabilization, flexibility and range of motion in this fun, full-body workout. Work at your own pace.

Sheldon Pool & Fitness Center
Ongoing MWF 9-10a

Shallow Water Aerobics

Low-impact, water-supported exercise for developing cardiovascular fitness. Toning and abdominal exercises included. Up-beat and simple energetic routines keep you moving.

Echo Hollow Pool & Fitness Center
Ongoing MWF 9:30-10:30a

Stretching & Movement

This gentle shallow water class will help you maintain balance, mobility and flexibility while the water supports you.

Sheldon Pool & Fitness Center
Ongoing TuThF 9:30-10:30a

Water Walking

For a first time water fitness attendee, this class provides the basics while giving you a great workout. Walk or run in chest-deep water with a moderate to fast aerobic level. The use of water resistance and equipment provides a challenging full-body workout.

Sheldon Pool & Fitness Center
Ongoing MWF 8:30-9:30a

Turkey Burn

Try a Water Fitness class to help burn off all the turkey and trimmings from the holiday!

Echo Hollow Pool
Nov 26 Sa 9:30-10:30a \$5 Drop-in

Worldwide Aquathon Day

The Worldwide Aquathon is a 3-hour marathon for aqua fitness, held in different countries around the world! Join us for part or all of the day as we workout in both deep and shallow water. Equipment will be provided.

Echo Hollow Pool & Sheldon Pool
Nov 12 Sa 9a-12p \$5 Drop-in

Dance

Ballet Barré & Stretch Ages 16+

Beginning ballet for adults with an emphasis on strength, flexibility and fundamental technique. All levels welcome.

Amazon Community Center
Sep 23-Dec 9 F 10:45-11:45a \$50 #121400

Ballroom Dance

Have fun learning the steps of waltz, foxtrot, swing and rumba. Emphasis on good dance posture and frame as well as proper lead and follow technique. No prior dance experience necessary.

Echo Hollow Pool & Fitness Center
Instructor: Larry Robbins
Oct 3-Dec 12 M 6:30-8p \$50 #121548

Belly Dance, Beginning

Curious about belly dance? Explore classical Egyptian, American cabaret, and international tribal style belly dance while learning the isolations and muscular control fundamental to all forms. This introductory level class is a fun and low-impact way for all ages, shapes, and sizes to improve posture, strength, grace, and flexibility.

Amazon Community Center
Instructor: Nicole Malinoff
Sep 22-Dec 8 Th 5:30-6:30p \$55 #121390
No class Nov 24



Belly Dance Ages 16+

Learn the basics of belly dance and work on choreography and intermediate moves in this mixed level class.

Petersen Barn Community Center
Instructor: Erin Lee
Sep 13-Oct 25 Tu 6:30-7:30p \$35 #121539
Nov 8-Dec 13 Tu 6:30-7:30p \$30 #121540

Bhangra Dance

Bhangra is an innovative dance form, combining elements of Punjabi traditions from India with Western beats and instruments. The music is upbeat. The movements are energetic, fun and easy to learn.

Amazon Community Center
Instructor: Sat Pavan Khalsa
Sep 29-Nov 17 Th 7-8p \$30 #121394
No class Oct 27, Nov 3

Break Dance Ages 12+

Get down to breakbeats and unleash the elements of b-boying and b-girling: toprock, downrock, floor work and freezes.

Petersen Barn Community Center
Instructor: Kellyn Rost
Sep 13-Oct 25 Tu 5:30-6:30p \$30 #121519
Nov 8-Dec 13 Tu 5:30-6:30p \$30 #121520

Latin Dance

Have fun learning the basic steps of salsa, cha cha, rumba, cumbia and merengue. Emphasis on good dance posture and frame as well as proper lead and follow technique. No prior dance experience necessary.

Petersen Barn Community Center
Instructor: Larry Robbins
Oct 5-Dec 7 W 6:30-8p \$50 #121549

Martial Arts

Aikido Ages 12+

Aikido is a traditional Japanese martial art based on non-aggression and non-violent self-defense. Classes feature *ki* (energy) exercises combined with self-defense techniques in a safe and supportive environment. All levels of students are welcome.

Amazon Community Center
Instructor: Wayne Vincent, Open Sky Aikido
Sep 20-Nov 17 TuTh 6:45-8p \$95 #121398

Fencing, Beginning Ages 12+

Fencing for fitness and fun for both teens and adults! This class is an introduction to the basics of the Olympic sport of foil fencing with an emphasis on discipline, coordination, sportsmanship, fitness and fun! Also called "physical chess," it is an excellent way to stay active and have a great time. Equipment provided.

Amazon Community Center
Instructor: Carl Knoch
Sep 28-Nov 16 W 5:30-6:30p \$89 #121396

Fencing, Intermediate Ages 12+

Take the skills you have developed in Fencing, Beginning to the next level. This class will work you physically and mentally. To inquire about pre-requisites call 541-682-6304.

Amazon Community Center
Instructor: Carl Knoch
Sep 28-Nov 16 W 6:45-7:45p \$89 #121397

Qigong for Health

Qigong is a self-healing art that combines movement and meditation. Regular practice can reduce stress, establish balance and integrate mind, body and spirit. Qigong is best known for its focus on breathing as a healing exercise.

Amazon Community Center
Instructor: Cialin Mills-Ostwald
Sep 20-Nov 1 Tu 12:15-1:15p \$25 #121422
Nov 8-Dec 13 Tu 12:15-1:15p \$21 #121452

Tai Chi

This ancient Chinese art uses round, flowing movements combined with calmness and inner balance. Learn a series of slow movements that promote health, balance, flexibility and reduced stress. The class includes proper form, body alignment, breathing, energy cultivation and energy awareness.

Amazon Community Center
Instructor: Jeff Leung
Beginning
Sep 19-Oct 31 M 10:40-11:40a \$25 #121366
Nov 7-Dec 19 M 10:40-11:40a \$25 #121368
Sep 21-Nov 2 W 10:40-11:40a \$25 #121370
Nov 9-Dec 21 W 10:40-11:40a \$25 #121371
Intermediate
Sep 19-Dec 19 M 9:30-10:30a \$49 #121367
Sep 21-Dec 21 W 9:30-10:30a \$49 #121369

Campbell Community Center
Instructor: Zachary Krebs
Sep 12-Oct 31 M 9-10a \$25 #121318
Nov 7-Dec 19 M 9-10a \$22 #121320
Sep 7-Oct 26 W 9-10a \$19 #121319
Nov 2-Dec 21 W 9-10a \$16 #121321
No class Sep 14, Oct 12, Nov 9, 23, Dec 14

Petersen Barn Community Center
Instructor: Jeff Leung
Sep 13-Oct 25 Tu 11:30a-12:30p \$25 #121202
Nov 1-Dec 13 Tu 11:30a-12:30p \$25 #121203

Tai Chi for Balance

This class is designed for people with mobility and balance problems. Gentle exercise in the form of tai chi strengthens muscles and improves stamina, blood circulation, balance and relaxation. No prior knowledge necessary. Open to individuals of all ages with or without mobility problems.

Sheldon Community Center
Instructor: James Moffat
Sep 2-30 MWF 11a-12p \$42 #121418
Oct 3-31 MWF 11a-12p \$42 #121419
Nov 2-30 MWF 11a-12p \$42 #121420
Dec 2-28 MWF 11a-12p \$42 #121421
2 days per week option, \$28
No class Sep 5, Nov 25

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Yoga

Chair Yoga

Feel better through movement. Experience release from stress and fatigue through this gentle yoga approach designed to accommodate people with physical limitations.

Amazon Community Center

Instructor: Paul Simon

Sep 29-Dec 15 Th 10:30-11:30a \$39 #121402

Campbell Community Center

Instructor: Mariah Carter

Sep 7-Oct 19 W 10-11a \$19 #121381

Nov 2-Dec 14 W 10-11a \$22 #121383

Sep 9-Oct 28 F 11a-12p \$25 #121380

Nov 18-Dec 16 F 11a-12p \$13 #121382

No class Sep 28, Nov 25

Petersen Barn Community Center

Instructor: Paul Simon

Sep 13-Oct 25 Tu 10:15-11:15a \$25 #121198

Nov 1-Dec 13 Tu 10:15-11:15a \$25 #121199

Sep 16-Oct 28 F 10:15-11:15a \$25 #121200

Nov 4-Dec 16 F 10:15-11:15a \$18 #121201

No class Nov 11, 25

Gentle Yoga for You

Learn about the healing art of yoga. Benefits include reduced stress, toned muscles, increased strength and more. Designed for individuals with temporary or chronic physical limitations and those needing modified poses. For more information and registration, 541-682-5311.

Washington Park Center

Sep 7-Oct 26 W 6-7:15p \$65 #121632

Nov 2-Dec 28 W 6-7:15p \$65 #121633

Modified Yoga Ages 22+

This modified gentle yoga class is designed specifically for individuals living with chronic neuromuscular conditions such as fibromyalgia, multiple sclerosis, Parkinson's and ALS. Poses can be modified for those needing adaptations. Individuals must be able to exercise independently or have a caregiver assist during class.

Hilyard Community Center

Sep 26-Dec 19 M 11a-12:30p \$78 #121688

The Art of Healthy Sleep - Nidra Yoga

This practice teaches the body to recognize and habituate to deep relaxation. Nidra yoga effectively turns off worries of the mind and calms the body. It is an effective aid to relieve conditions of insomnia, anxiety and post-traumatic stress. Initial talk is free. Not eligible for scholarship.

Amazon Community Center

Instructor: Barbara Stevens-Newcomb

Introductory talk

Sep 15 Th 4-5p Free #121579

Class

Sep 22-Nov 3 Th 4-5p \$48 #121584

Yoga

Yoga rejuvenates the mind, body and spirit. Gentle stretching exercises tone and stretch muscles and work to balance every system in the body. Please bring your own mat.

Amazon Community Center

Instructor: Paul Simon

Sep 29-Dec 15 Th 9:15-10:15a \$44 #121979

Lamb Cottage in Skinner Butte Park

Instructor: Paul Simon

Sep 6-Nov 15 Tu 5:30-6:45p \$60 #121322

Nov 29-Dec 13 Tu 5:30-6:45p \$17 #121324

Sep 8-Nov 17 Th 5:30-6:45p \$60 #121323

Dec 1-15 Th 5:30-6:45p \$17 #121325

Petersen Barn Community Center

Instructor: Paul Simon

Sep 13-Oct 25 Tu 9-10a \$25 #121192

Nov 1-Dec 13 Tu 9-10a \$25 #121193

Sep 16-Oct 28 F 9-10a \$25 #121194

Nov 4-Dec 16 F 9-10a \$18 #121195

No class Nov 11, 25

Instructor: Mariah Carter

Sep 19-Oct 24 M 6:30-7:30p \$21 #121196

Nov 7-Dec 12 M 6:30-7:30p \$21 #121197

Sheldon Community Center

Instructor: Sarah Bowden

Oct 3-28 MWF 6-7a \$44 #121524

Nov 2-28 MWF 6-7a \$44 #121525

Dec 2-28 MWF 6-7a \$44 #121526